



# Turning Over a New Leaf

Healthy Choices from Ladies First



Vermont Department of Health  
Ladies First  
P.O. Box 70  
Burlington, VT 05402



1-800-508-2222  
[www.LadiesFirstVt.org](http://www.LadiesFirstVt.org)



**cholesterol**


**blood sugar**

**blood  
pressure**

**physical  
activity**

**healthy  
weight**

## Welcome to the New Leaf Program!



This information will help you make better choices for healthy living, every day. The program focuses on ways you can lower cholesterol, reduce risk of diabetes, lower blood pressure, increase physical activity, and maintain a healthy weight.

The New Leaf program emphasizes two things that can help you improve your health: healthy food choices and physical activity. There is no one right way to improve your health. Even small changes can make a big difference. The program materials give you tips and suggestions for specific changes you can make in your daily food choices and activity habits.

Turn the page to get started!



**Are you  
ready?**

# Making changes

On a scale of 0-10, choose how ready you are to improve your health.

0 1 2 3 4 5 6 7 8 9 10

I am  
not ready

I am ready

## What would make me more ready?

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What could my next steps be?

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## What is my plan?

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The health department nutritionist will call you soon. You don't have to wait for her call to get started! Turn the page to start improving your health today! ➡

Would you  
like to  
know more  
about...

**cholesterol?**

Turn to page 4.

**blood  
sugar?**

Turn to page 10.

**blood  
pressure?**

Turn to page 18.

**physical  
activity?**

Turn to page 24.

**healthy  
weight?**

Turn to page 30.

**Start  
with a small  
change.**

# Cholesterol

## Recommended levels:

Total cholesterol . . . . . under 200

HDL cholesterol . . . . . over 40

LDL cholesterol . . . . . under 100

Triglycerides . . . . . under 150

Talk to your doctor about  
the healthiest levels for you.

**Did you know?  
Lower cholesterol  
is better for  
your heart.**



Turn the page for ideas. ➔

Too much cholesterol (a fat-like substance) can build up in the walls of your blood vessels. Over time it could slow or block blood flow to your heart, which may cause a heart attack. High blood cholesterol has no symptoms.



Read ahead to learn about ways to help lower your cholesterol. Then write your plan for change here.

**I will make the change:**

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## Choose healthier foods more often

- Enjoy fruit with every meal.
- Fill half of your plate with vegetables.
- Baked, broiled, or grilled chicken, turkey, and fish have less fat.
- Choose skim or 1% milk.
- Choose reduced-fat or fat-free sour cream, salad dressing, and cheese.
- Baked or grilled white fish, like pollock or sole, and canned light tuna or salmon are high in omega-3 fatty acids for a healthy heart.





## Choose healthy fats



- Use olive oil or canola oil in cooking and salad dressings.
- Tub, squeeze, or liquid margarine is healthier than stick margarine or butter.

## Choose foods with less trans-fatty acids

**Trans-fatty acids are found in:**

- Snack foods such as crackers.
- Cookies, cakes, and pies you buy at the store.
- Fried foods from restaurants and fast food places.



## Choose more high-fiber foods

**Fiber can help lower cholesterol levels.**

- Choose plain oatmeal, Cheerios, or oat bran bread for breakfast.



- Use brown rice instead of white rice.

- Enjoy at least 5 cups of fruit and vegetables every day.

## Drink alcohol in moderation

- 1 drink per day for women.

- 2 drinks per day for men.

- 1 drink =
  - 12 oz. beer
  - 5 oz. wine
  - 1.5 oz. alcohol



## Stop smoking

**Smoking makes your heart work harder and raises your risk of stroke and heart disease.**

When you are ready for help call the Vermont Quit Line at 1-877-YES-QUIT (1-877-937-7848). They can help with free counseling and nicotine patches, lozenges, or gum.

## Fit in regular activity every day

**Regular activity can improve your health.**

- Aim for at least 30 minutes of physical activity every day.
- Use your step counter.
- Set a goal of increasing your steps until you reach 10,000 steps per day.
- Take the Governor's Walking Challenge on page 27.



# Blood Sugar

**Recommended level:**

Fasting blood sugar

- less than 100 is normal
- 100 – 125 is high
- 126 or higher is diabetes

Talk to your doctor about the healthiest levels for you.

**Did you know?  
Lower blood  
sugar is good for  
your health.**

Turn the page for ideas. ➔



Insulin regulates blood sugar levels. Diabetes is when the body does not make or properly use insulin. Often type 2 diabetes, the most common form, has no symptoms.



Read ahead to learn about ways to help lower your blood sugar. Then write your plan for change here.

**I will make the change:**

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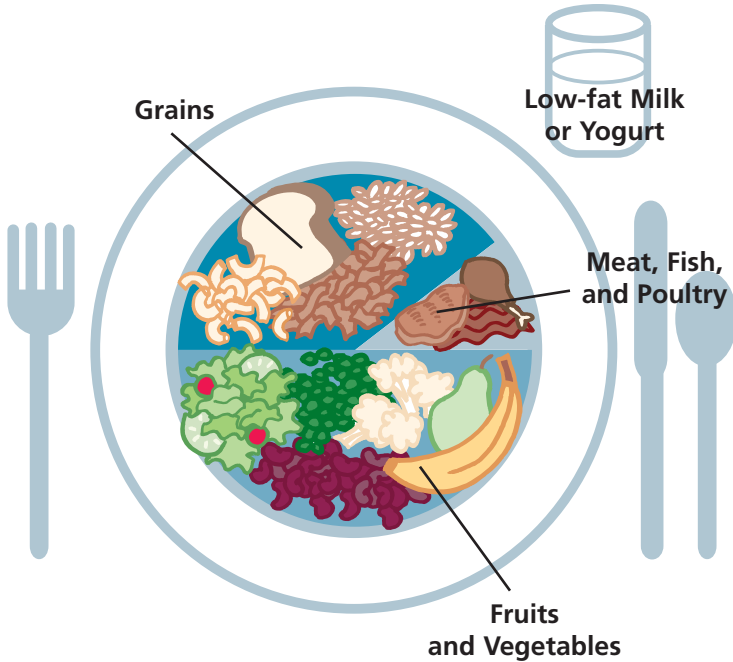
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## Choose balanced meals

A balanced meal is just what your mother taught you—protein, vegetables, and starch.

- Fill half of your plate with non-starchy vegetables:
  - Serve a salad plus another vegetable, or
  - Enjoy two different types of cooked vegetables.



- Choose fruit as a healthy dessert or snack.

Turn the page. ➡

- Fill one quarter of your plate with starch such as:

- starchy vegetables (potato, sweet potato, corn, lima beans, winter squash, peas); or
- brown rice, pasta, or other whole grains.



- Fill the other quarter of your plate with protein such as:

- skinless chicken; or
- fish; or
- lean beef, pork, or meat substitute.



### **A balanced breakfast looks like this:**

- A protein such as:
  - 1 egg or 1 serving egg substitute; or
  - 2 tablespoons peanut butter; or
  - 1/2 cup low-fat cottage cheese
- Some fresh fruit or
  - 1/2 cup canned fruit without added sugar
- Higher fiber breads and cereals:
  - whole grain bread
  - cereal with at least 5 grams of fiber per serving



## Choose healthy snacks

**Try to snack only when you're hungry.**

The best snacks are smaller portions of foods you would eat at a meal.

- A piece of fresh fruit with 1/2 cup low-fat cottage cheese
- Low-fat, sugar-free yogurt
- 1/2 turkey sandwich on whole grain bread with lettuce and tomato
- Cut vegetables with low-fat dip



## Choose foods and drinks with less sugar

- Choose fresh fruit or fruit canned in its own juice or water.
- Use less table sugar, honey, syrup, jam, or jelly; or choose lower sugar or sugar-free sweeteners.





- Choose water or sugar-free drinks.
- Eat sugary foods like sweet rolls, desserts, and candy less often.

Wow! One 12-ounce can of soda has 9 teaspoons of sugar!



## Choose high fiber foods

**Foods high in fiber help fill us up, reduce hunger, and may lower blood sugar.**

- Choose whole-grain breads, cereals, and crackers. The first ingredient should say “whole.”
- Choose dried beans, peas, and lentils often.
- Eat more non-starchy vegetables.
- Choose brown rice, whole wheat pasta, or barley.



## Eat less saturated fat

**Saturated fats are mostly hard at room temperature.**

- Choose chicken and fish more often, and choose lower-fat processed foods.



- Broil, roast, or bake instead of frying. Trim off all fat before cooking and remove the skin from poultry.
- Choose tub, squeeze, or liquid margarine.
- Choose fat-free or reduced-fat cheese.



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## Fit in regular activity every day

**Lower blood sugar and lose weight with regular activity.**

- Aim for at least 30 minutes of physical activity every day.
- Use your step counter.
- Set a goal of increasing your steps until you reach 10,000 steps per day.
- Take the Governor's Walking Challenge on page 27.

# Blood Pressure

**Recommended level:**

■ under 120/80 mm Hg

Talk to your doctor about the healthiest level for you.

**Did you know?  
Healthy blood pressure can help prevent a stroke.**

Turn the page for ideas. ➔



There are no symptoms of high blood pressure.  
Often people don't even know they have it.



Read ahead to learn about ways to lower  
your blood pressure. Then write your plan  
for change here.

I will make the change:

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## Choose low sodium (salt) foods

**Aim for less than 2300 mg of sodium (about 1 teaspoon of table salt) per day total.**

- Look for “salt free,” “low sodium,” “reduced sodium,” or “no salt added” foods.
- Taste your food before adding salt.
- Use half the amount of salt (or less!) called for in recipes.
- Try herbs and spices to bring out the flavor in your foods like:
  - Mrs. Dash, garlic, pepper, onion powder, basil, lime juice, or dill.



## Eat more fruit and vegetables

**Eating more fruit and vegetables can help lower blood pressure levels.**

- Eat at least one cup of canned, fresh, or frozen fruit.
- Eat two servings of vegetables with each meal.
- Choose fruit or vegetables often for snacks.



## Choose fewer processed foods

**Such as:**

- Frozen and boxed dinners
- Flavored rice and pasta mixes (use just half of the separate seasoning packet)
- Hot dogs, lunch meats, and cured or smoked meats
- Salty chips and snacks
- Fast foods
- Cheese and cheese sauce
- Canned soups and vegetables



## Drink alcohol in moderation

- 1 drink per day for women
- 2 drinks per day for men
- 1 drink =
  - 12 oz. beer
  - 5 oz. wine
  - 1.5 oz. alcohol



## Stop smoking

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## Fit in regular activity every day

**Lower your blood pressure and lose weight with regular activity.**

- Aim for at least 30 minutes of physical activity every day.
- Use your step counter.
- Set a goal of increasing your steps until you reach 10,000 steps per day.
- Take the Governor's Walking Challenge on page 27.



# Physical Activity

Aim for at least 30 minutes of physical activity every day.

Talk to your doctor to determine the healthiest types and amounts of physical activity for you.

**Did you know?**  
Physical activity  
can improve your  
health and help  
you lose weight.

Turn the page for ideas. ➔



There are many different types of activities.



Read ahead to learn how to become more active.  
Then write your plan for change here.

I will make the change:

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## Try a new activity

Circle the activities you'd like to try:

- ☐ Walking
- ☐ X-Country skiing
- ☐ Dancing
- ☐ Chair exercises
- ☐ Exercise class
- ☐ Bicycling/  
stationary bike
- ☐ Yoga
- ☐ Home exercise video
- ☐ Water aerobics
- ☐ Gardening
- ☐ Bowling
- ☐ Volleyball
- ☐ Snowshoeing
- ☐ Softball



## Be more active every day

- Ask a friend to exercise with you.
- It's OK to exercise for 5-10 minutes at a time several times during the day.
- Look for activities at your local parks and recreation office.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot.
- Use a step counter (pedometer) every day.
- Take the **Governor's Walking Challenge**:
  - Walk briskly at least 3 times per week for at least 20-30 minutes. Log your mileage for each walk on the Governor's Walking Challenge Log on page 29, and send in for the following awards:

**For 50 miles:** A certificate, signed by the governor.

**For 100 miles:** A 100-MILE pin.



**For 500 miles:** A Get Moving VT tee shirt donated by the Governor's Council on Physical Fitness and Sports.

- Get started today! Use the log on the following page or call 1-800-464-4343 or 863-7330 to request one.



### To measure your mileage

- Drive the route in your car and use the car's odometer, or
- Estimate the distance: at a moderate walking pace, you will cover a mile in 20 minutes; at a brisk pace, you will cover a mile in 15 minutes.

# The Governor's Walking Challenge

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Date	Minutes of Walking	Number of steps*	Estimated Miles**

Keep a record of the mileage you walk on this form. When you have logged 50 miles, fill in this log sheet and we will mail you a "Walk For Fitness Certificate." Mail it to: Governor's Walking Challenge, VT Department of Health, Office of Health Improvement, P.O. Box 70, Burlington, VT 05402



\*about 2,000 steps = 1 mile

\*\*Moderate Pace – 1 mile = 20 minutes

\*\*Brisk Pace – 1 mile = 15 minutes



# Healthy Weight

Recommended levels:

Body mass index (BMI) ..... 18.5-24.9

Waist measurement ..... <35 inches

Talk to your doctor about the healthiest weight for you.

**Did you know?**

**A healthy weight can help prevent diabetes and heart disease.**

**If you're overweight, losing just 5-10 pounds may help lower your cholesterol, blood sugar, and blood pressure.**



Turn the page for ideas.





Make small changes every day to lose weight gradually and keep it off.



Read ahead to learn about losing weight. Then write your plan for change here.

I will make the change:

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## Pay attention to portion sizes

**Most of us simply eat too much.** Use the portion size listed on the food label. Use these guidelines for other types of foods:

- One portion fruit and vegetables:
  - A piece of fresh fruit the size of your fist
  - 1/2 cup canned, frozen, or cut-up fruit  
(what you can hold in one cupped hand)
  - 1 cup raw leafy salad greens  
(about what you can hold in two cupped hands)
  - 1/2 cup cooked vegetable,  
or raw cut-up vegetable



■ One portion grain prod

- 1/2 cup cooked rice, p  
or other grain
- 1 slice bread;  
1/2 English muffin,  
hamburger or hot dog bun
- 1/2 frozen bagel
- 1 small muffin (the size you bake at home)



Wow! Large bagels or muffins can be as many as four portions!

■ One portion meat:

- 3 ounces cooked meat, fish,  
or poultry (the size of a deck  
of cards)
- 2 tablespoons peanut butter  
(the size of a ping pong ball)
- 1/2 cup dried beans, peas, or lentils  
(the size of a deck of cards)

■ One portion milk, yogurt, and cheese:

- One cup milk or yogurt
- 1/2 cup ricotta  
or cottage cheese
- One slice processed cheese, or one  
cheese stick



■ One portion fats, oils, and sweets:

- 1 teaspoon margarine, jam, or jelly  
(the size of one dice)
- 1 tablespoon salad dressing or mayonnaise  
(the size of your thumb tip)
- 2 tablespoons sour cream

## Choose healthy foods more often

- Enjoy fruit with every meal and for snacks.
- Fill half of your plate with vegetables.
- Choose baked, broiled, or grilled chicken, turkey, and fish.



- Enjoy crispy snacks that are baked instead of fried, like baked tortilla chips.



## Choose drinks wisely

**Drinks such as soda and fruit drinks have a lot of sugar.**

- Drink water between meals and when you're thirsty.
- Choose sugar-free drinks.
- Choose skim or 1% milk with meals.
- Limit 100% fruit juice to 3/4 cup (6 fluid ounces) per serving.



## Choose the places you eat

**Do you eat in the car or while watching TV?**

It's easy to overeat when we're not paying attention.

Try these tips:

- Eat only while sitting at the kitchen or dining room table.
- Turn off the TV while eating.
- Avoid eating in your car.



## Eat out wisely

**Portion sizes in restaurants are much larger than what we need.**

- Ask for a doggie bag for at least half of your entrée.
- Share an entrée or dessert.
- Choose soup or an appetizer for your main meal.
- Ask for half of a sandwich.
- Order a regular size hamburger and french fries.



## Fit in regular activity every day

**Regular activity such as walking can help you lose weight.** It's OK to exercise 10 minutes at a time.







- Use your step counter.
- Set a goal of increasing your steps until you reach 10,000 steps per day.
- Take the Governor's Walking Challenge on page 27.
- Try a new activity such as water aerobics, dancing, gardening, or bowling.



# Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Notes

[illegible]

# I'm ready!

I will make these changes starting today:

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The health department nutritionist will call you soon.  
You don't have to wait for the call to get started!

Use the memo board to keep track of your daily food choices  
and minutes of physical activity.

I will make these changes starting today:

[illegible]